

Day/Date: Monday/January 5, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 choice
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 400 swim @ 6:40 or r=40 <ul style="list-style-type: none"> ◦ descend times 1-3
REC	<ul style="list-style-type: none"> • 8 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 swim

Total = 3000

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 4 x 50 kick (IM order) @ r=10 • 1 x 200: 25 scull/25 pull • 1 x 200 IM drill
EN-2	<ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=15 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:40 or r=60 • 25 back @ 40 or r=10 • 25 back/25 breast @ 1:10 or r=15 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:40 or r=60 • 25 breast @ 40 or r=10 • 25 breast/25 free @ 1:10 or r=15 • 25 breast/25 free/25 fly @ 1:40 or r=15 • 100 IM @ 2:40 or r=60 • 25 free @ 40 or r=10 • 25 free/25 fly @ 1:10 or r=15 • 25 free/25 fly/25 back @ 1:40 or r=20 • 100 IM
EN-1	<ul style="list-style-type: none"> • 4 x 75 pull @ 1:20 or r=10 • 4 x 50 swim @ 1:00 or r=15 • 4 x 25 swim @ 30 or r=5

Total = 2500

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 16 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ◦ fast breakout, 3 strokes no breathing, easy to wall
EN-2 to EN-3	<p><u>Maintain stroke count, good streamlining, and a steady pace throughout this set:</u></p> <ul style="list-style-type: none"> • 1 x 50 swim @ 50 or r=5 <ul style="list-style-type: none"> ◦ 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 ▪ 1 x 200 swim @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 50 or r=5
EN-1	<ul style="list-style-type: none"> • 16 x 50 freestyle @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 25 r-arm/25 swim ▪ 25 l-arm/25 swim ▪ 25 10-beat free/25 swim ▪ 25 catch-up free/25 swim
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 3000

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Day/Date: Thursday/January 8, 2026

Focus: Stroke

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 8 x 25 kick @ 45 or r=10 • 1 x 200 pull
EN-1 to EN-3	<p>15 x 100 swim</p> <p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 100 freestyle @ 2:00 or r=30 • 75 freestyle/25 stroke @ 2:00 or r=25 • 50 freestyle/50 stroke @ 2:00 or r=20 • 25 freestyle/75 stroke @ 2:00 or r=15 • 100 stroke @ 2:30 or r=40
EN-1/EN-3	<ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Day/Date: Friday/January 9, 2026

Focus: Speed

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 500 choice • 1 x 200 kick • 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 build
EN-3 to SP-2/REC	<ul style="list-style-type: none"> • 2 x 150 swim @ 3:00 or r=60 <ul style="list-style-type: none"> ◦ hard effort (EN-3) • 1 x 200 swim @ 5:00 or r=60 <ul style="list-style-type: none"> ◦ easy effort (REC) • 4 x 75 swim @ 2:00 or r=60 <ul style="list-style-type: none"> ◦ hard effort (SP-1) • 1 x 200 swim @ 5:00 or r=60 <ul style="list-style-type: none"> ◦ easy effort (REC) • 6 x 50 swim @ 2:00 or r=75 <ul style="list-style-type: none"> ◦ hard effort (SP-2) • 1 x 200 swim @ 5:00 or r=60 <ul style="list-style-type: none"> ◦ easy effort (REC)

Total = 2500

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